



Y.M.H.A. COMMUNITY CENTRE

SCHEDULE of Activities

•

1952-1953



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Foreword



WITH the opening of the new "Y" Community Centre, a great dream has become a reality. At last we can say that we have a building with up-to-date facilities adequate to serve our growing community. Here all will be welcome, young and old, boys and girls, young men and women—a real Jewish Community Centre.

The "Y" Centre is manned by an experienced staff and will have the benefit of the active direction of men and women on the Board of Directors and its many committees.

The program is richly endowed with a great variety of activities designed to meet the needs of people in all age groups for wholesome association, enjoyable recreation, healthful play and exercise, Jewish and general cultural activities, social gatherings and the pursuit of personal hobbies and leisuretime interests.

The offices of the Jewish Welfare Fund and of the regional bodies of the Canadian Jewish Congress, B'nai B'rith and Zionist Organization of Canada will be housed in the new building.

The usefulness of the "Y" Centre will be enhanced if the Jewish residents of our community will co-operate in its work and if they will share in the responsibility for the development of the organization by formal affiliation as members and as active participants.

On behalf of the "Y" Community Centre, I extend a cordial welcome to you.

DAVID SLATER,
President

Facilities of the New "Y" Centre

Information Desk. As you enter the building the Information Counter is immediately on the right. There is always a staff member on duty to answer questions regarding activities, schedules, location of rooms, membership rates and privileges, and to arrange for interviews with staff members.

Main Floor. On the main floor are a spacious general lounge, the check room for the use of members, the beautiful auditorium with its well-equipped stage and dressing rooms, the dining room and kitchen, and the large double-basketball-court gymnasium with accommodation for several hundred spectators. The executive offices adjoin the counter.

Second Floor. The second floor is devoted to the rooms for the meetings of clubs and other groups, the library, offices of the Program Department and the offices of the Jewish Welfare Fund, Canadian Jewish Congress Western Division, Zionist Organization of Canada, Mid-western Region, and B'nai B'rith.

On this floor there is the youth lounge similar to the adult general lounge on the main floor.

The specially designed Chapel for services mornings and evenings is located on this floor.

Lower Level. The lower floor is devoted primarily to the basket room, locker rooms, Health Club, special exercise room, swimming pool, showers, offices of the Physical Education Department, large game room and snack counter. In this area will be found the arts and crafts room, photography room and rooms for hobby and special interest activities.

Program of Activities

FOR JUVENILES

Boys and Girls, Ages 9½ to 12 years

The Juvenile Division, the youngest in the Centre, provides the children with ample opportunity for fun and learning. Under the capable supervision of mature and interested leaders, a full program of Sports, Clubs, Hobby Groups and Special Events, is being offered.

CLUBS:

Saturday, from 4:30 - 8:30 p.m., the boys and girls will have the chance to form friendship clubs of their own choosing. The clubs provide an opportunity to plan and work together under the guidance of capable Advisors. Each club can develop a full program of its own—Athletic, Cultural and Social.

GAME ROOM:

The Game Room program will give all boys and girls a chance to get together for Plays, Games, Sing Songs, Stories and Parties.

HOBBY HUB:

For the boy or girl interested in creating things and acquiring skills, the Sunday morning activities from 11:30 a.m. - 1:30 p.m. are just right. Woodwork, Photography, Clay Modelling, Puppetry, Story Telling, Painting, Music Group and others will be available.

WINTER DAY CAMP:

The popular Winter Day Camp program, during the winter School Vacation will be under trained leadership. Complete day camp activities, projects work, Sports, Crafts, Swimming, Music and Skits, will be conducted.

SPECIAL EVENTS AND HOLIDAY CELEBRATIONS:

The festive occasions of Chanukah, Purim and Pesach, will provide the Juveniles with many chances for Parties, Plays, Songs, Stories and Dances—a real chance for fun and learning.

FOR FURTHER INFORMATION ON JUVENILE ACTIVITIES,
TURN TO THE PHYSICAL EDUCATION SCHEDULE

FOR JUNIORS

Boys and Girls, ages 13 to 15 years

The Centre will be open for Juniors on Saturday evening and Sunday afternoon. A variety of clubs, interest groups, Canteen and Game Room programs and mass activities will be provided.

CLUBS:

Saturday evening from 6:30 - 9:30 p.m., will be Junior Club Time. Each Club functions with its own Executive and organizational set-up. Adult guidance is provided by the "Y" Advisors, appointed and supervised by the full-time Professional Staff.

SATURDAY NIGHT JUNIOR JAMBOREE:

A series of Co-ed parties, dances and entertainment evenings are provided, planned and carried out by the Juniors under the auspices of the Junior Council. The Saturday Jamboree goes from 9:00 - 10:30 p.m.

JUNIOR COUNCIL:

This group is the Junior Division Parliament—with elected representatives from each club, an Executive Organization and Committees. It has a full time job of guiding the Junior program. Working with the Professional Staff, the Council tries to plan, stimulate and co-ordinate activities which will be of interest to all Juniors.

INTEREST GROUPS:

Sunday afternoon from 2:00 - 5:30 p.m., the boys and girls will have the opportunity to partake of Ceramics, Choral Singing, Junior Journal Group, Woodwork, Photography, Social Dance Classes, Drama, Folk Dancing and Discussion Groups.

JUNIOR GAME ROOM:

The Game Room-Lounge will be available to Juniors on Saturday and Sunday and will give everyone a chance to relax, play games and meet friends in a very informal setting.

SEE HEALTH AND PHYSICAL EDUCATION DEPARTMENT
SCHEDULE FOR ADDITIONAL JUNIOR ACTIVITIES, PAGES 10-11

INTERMEDIATE DIVISION

Girls, 15 to 16 years; Boys, 16, 17, 18

The Y.M.H.A. Community Centre's Intermediate Division is prepared this year to present Youth with a program that is interesting, exciting and educational. This will be accomplished through a wide, stimulating, thought-provoking, recreational range of activities. Clubs, interest groups, mass programs, celebrations of Jewish Holidays and special events, all have their place in this year's program Calendar.

CLUBS:

Monday will be club evening for the girls and boys. Belonging to a friendship group is a must for many teen-agers. Leaders will be provided to meet with club members to help them make fullest possible use of all the opportunities the Centre provides for club programming.

SUNDAY HOBBY HUB:

Every Sunday afternoon there will be classes in Ceramics, Photography, Woodworking, Arts and Crafts, Public Speaking, and Dancing as well as meetings of Choral groups and dramatic groups. Outstanding people in these fields will be present to help you become a Lana Turner, Michael Angelo, Buryl Ives, or just to have a good time socially.

THE LOUNGE:

For the teen-ager who's looking for a place to just sit around, play the piano, listen to records, dance, read, discuss things, make and meet friends, there's the lounge program every Monday evening, in a modernly designed, comfortable, well-equipped lounge, with mature staff on hand for a friendly personal talk.

SATURDAY NIGHTS:

Saturday night is a big night in Winnipeg, and it will be bigger and better at the Centre this year for members of this division. There will be dances, movies, special guests and parties, starting at 9:00 p.m., each Saturday.

SPECIAL EVENTS:

To round out the program, lecture and discussion series will be presented during the year that should prove of great interest

(Continued on page 12)

MEN

HEALTH AND PHYSICAL EDUCATION TIME SCHEDULE, 1952-3

CATEGORY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Health Club	8:30 a.m.—3:30 p.m.	12:00 p.m.-8:30 p.m.	10:30 a.m.-2:30 p.m. 4:30 p.m.-6:30 p.m.	12:00 p.m.-8:30 p.m.	10:30 a.m.-2:30 p.m. 4:30 p.m.-6:30 p.m.	10:30 a.m.-5:00 p.m.	
*Adult and *Young Adults	9:00 a.m.-1:00 p.m.—Gym. and Ex. Rm. 9:30 a.m.-1:00—Pool. †2:30-5:00 p.m.—Gym.	12:00-4:30—Gym., Pool. 5:30-7:30—Gym. 12:00-10:00—Ex. Rm. 7:30-10:00—Pool.	9:00-2:30—Gym. and Ex. Rm., Pool. 4:30-6:30—Ex. Rm.	12:00-4:30—Gym. and Pool. 6:30-10:00—Gym. 12:00-10:00—Ex. Rm. 7:30-10:00—Pool.	9:00-2:30—Gym. and Ex. Rm., Pool. †7:30-10:00—Gym.	9:00 p.m.-5:00 p.m.—Gym. and Ex. Rm., Pool.	
*Senior	9:00-1:00 p.m.—Gym. and Ex. Rm. 9:30-1:00 p.m.—Pool. †2:30-5:00—Gym.	12:00-4:30—Gym., Pool. 5:30-7:30—Gym. 6:30-7:30—Pool. 12:00-10:00—Ex. Rm. 7:30-10:00—Pool.	9:00-2:30—Gym. and Ex. Rm., Pool. 4:30-6:30—Ex. Rm.	12:00-5:30—Gym., Pool. 6:30-10:00—Gym. 7:30-10:00—Pool.	9:00 a.m.-2:30—Gym., Ex. Rm., Pool. 4:30-6:30—Ex. Rm. †7:30-10:00—Gym.	9:00-5:00—Gym. and Ex. Rm., Pool.	
Intermediate		5:30-7:30—Gym. and Ex. Rm. 6:30-10:00—Pool. 7:30-10:00—Gym. and Ex. Rm.		4:30-5:30—Gym. and Ex. Rm. 5:30-6:30—Pool.		4:00-5:00—Gym., Pool.	8:00-9:00 p.m.—Gym. †8:00-9:00—Pool.
Junior		4:30-5:30 p.m.—Gym. 5:30-6:30—Pool.		5:30-6:30—Gym. 6:30-7:30—Pool.			6:30-8:00—Gym., Ex. Rm. 8:00-9:00—Pool.
Juvenile	1:30-2:30—Gym. 2:30-3:30—Pool.						5:30-6:30—Gym. and Ex. Rm. 6:30-7:30—Pool.

WOMEN

Health Club		9:30 a.m.-11:30 a.m.	2:30-4:30 p.m. 7:30-10:00 p.m.	9:30 a.m.-10:30 a.m.	2:30-4:30 p.m. 7:30-10:00 p.m.		
*Adult and *Young Adults	†2:30-5:00 p.m.—Gym.	9:30-11:30 a.m.—Gym. Pool.	2:30-4:30 p.m.—Gym., Pool. 7:30-10:00 p.m.—Gym. and Ex. Rm., Pool.	9:30 a.m.-10:30—Gym., Pool.	2:30-4:30—Gym., Pool. †7:30-10:00—Gym. and Ex. Rm., Pool.		
*Senior	†2:30-5:00 p.m.—Gym.	9:30-11:30 a.m.—Gym. Pool.	2:30-4:30—Gym., Pool. 5:30-10:00—Gym. 6:30-10:00—Pool. 7:30-10:00—Ex. Rm.	9:30-11:30 a.m.—Gym., Pool.	2:30-5:30—Gym., Pool. †7:30-10:00—Gym. and Ex. Rm., Pool.		
Intermediate			5:30-6:30 p.m.—Gym. 6:30-7:30—Pool.		4:30-5:30 p.m.—Gym. 5:30-6:30 p.m.—Pool. 7:30-10:00 p.m.—Gym., Pool.		†8:00-9:00—Pool.
Junior			4:30-5:30 p.m.—Gym. 5:30-6:30—Pool.		5:30-6:30—Gym. 6:30-7:30—Pool.		
Juvenile							4:30-5:30—Gym. 5:30-6:30—Pool.

* For use of Health Club Facilities—See Health Club Schedule.
† Co.-Ed.

FAMILY SWIM — MEMBERS ONLY — Sunday, 3:30 to 5:30 p.m.

Program of Activities

(Continued from page 9)

to the Intermediate member, e.g., **"The Hour of Charm"**—a series of talks and demonstrations for girls on Cosmetology, hair and clothes styles, modelling, poise and posture.

"Careers"—a series on vocational guidance answering questions such as: Can I be what I want to be? What should I do if I can't do what I want? Is University the place for me?

INTERMEDIATE COUNCIL:

This is the group that will help plan a good deal of the program in this Division. It's the place where the teenager who can accept responsibilities and carry them out will have the opportunity to practice the art of Leadership in a democratic setting.

"If you're looking for fun for all from Winter to Fall, the Intermediate Division has it."

SEE THE PHYSICAL EDUCATION DEPARTMENT SECTION FOR
FURTHER INFORMATION ON ACTIVITIES FOR THE
INTERMEDIATE DIVISION, PAGES 10-11

SENIORS AND YOUNG ADULTS

For Young Women 17-20, and Young Men 19-23

CLUBS:

In addition to the clubs graduating from last year's Intermediate Division, a number of new clubs are making their appearance on the Centre roster. Clubs in these 2 new divisions like to think of themselves as something more than mere friendship groups. They are out to make a name for themselves in the Community as service groups. Ample meeting time is provided all these clubs in the beautiful meeting rooms especially designed for this age group.

COUNCILS:

Both the Senior Division and the Young Adult Division have their own Councils. Here is where group representatives get together to plan program and make decisions affecting all their constituents.

Each year, representatives of the Council are elected to the Board of Directors.

SPECIAL INTEREST GROUPS:

For all Seniors, Young Adults and Adults interested in "riding a hobby horse", an array of Special Interest Groups have been planned for Tuesday and Thursday evenings. Included in the list are Photography, Woodwork, Ceramics, Folk Music, Jewish History, Advanced Hebrew, Marketing Research, Interior Design, Dramatics, Music Appreciation, and lots more, depending on registration.

LOUNGE PROGRAMS:

Tuesday and Wednesday evenings will find our beautiful Youth Lounge crowded to capacity with enthusiastic Seniors and Young Adults. Included in the plans are Socials, Novelty Dances, Sing-Songs, Movies, Discussions, Skits and Variety Shows. It goes without saying that this will be the spot to meet your friends.

SERIES PROGRAMS:

1. **School of Charm:** For Senior Young Ladies Only. Cosmetology, hair-dressing styles, wardrobe choice, health and beauty will be discussed by experts.
2. **Sex Education:** For all Senior Members.
3. **Marriage for Moderns:** For newly-weds and those about to make the plunge. A series of four challenging sessions presented by Psychologists, Psychiatrists and other authorities.
4. **Shmooze Club:** For Young Adults. Where free discussion is king. Under guidance of staff, members will choose and prepare their own topics from week to week. Lots of scope here for debates, mock parliaments, forums, guest speakers, movies, etc.

CO-ED CLUB

A real innovation this year will be the organization of a Co-ed Club for Young Adults, open to all interested.

PHYSICAL EDUCATION:

See Schedule, Pages 10-11.

ADULT PROGRAMMING

For Adults — Young and Old

DRAMA WORKSHOP:

The Centre will present a full scale program of drama with theatre-in-the-round, three one acters and a full 3 act play, under our capable Director. The group is open to all Adults interested in the various aspects of the legitimate stage.

RADIO AND TELEVISION TECHNIQUE:

A 12 week course will be given to include voice, speech, presentation, and acting in an original radio Drama.

FOLK DANCING:

A stimulating active group which offers to all the chance to acquire the dance skills of Israel, America, Europe and South America. This will be a 12 session course, to be repeated during the program year.

ADVANCED HEBREW:

A course for those wishing to acquire and increase their knowledge of Hebrew, both in reading and conversation. This group will carry on all work and conversation in Hebrew.

PHOTOGRAPHY:

Fundamentals in picture taking, composition, lighting and how to set up a home dark room. This is an opportunity to do lay-out, set-up, action shots, etc.

CERAMICS:

This group will commence with fundamentals and rapidly move ahead to advanced techniques, cutting, glazing, designing and baking. A real chance to create and develop one's talents.

MUSIC APPRECIATION:

A friendly, informal group, open to those wishing to hear classical, semi-classical and liturgical music. Group discussions will take place each evening. An attempt will be made to introduce musical experts into the discussion series.

JEWISH ETHNIC ART:

An unusual series of 8—includes practical sessions and lectures in the origin and basis of art—the role and effect of Jewish culture upon present day art—including glimpses of contemporary Israeli Art. To start in January.

ART INSTRUCTION:

A course for all—includes the basic fundamentals and more intensive course for those with a beginning knowledge—still life, portrait and composite art. Class limited to twelve.

FOLK MUSIC OF THE WORLD:

A Buryl Ives, Josh White and Sushona Domari evening of lovely and entertaining songs—folksy and informal, singing and talking—a group to sing, talk and listen to the best known folk songs. Weekly Sessions.

INTERIOR DESIGN ON A LIMITED BUDGET:

The problems and perplexities of home furnishings, colour scheme, rugs and lamps and drapes—all the problems faced when trying to make the most of your home. A lecture and discussion group with samples being used to illustrate points. A series of twelve sessions.

MARKETING RESEARCH FOR THE PROGRESSIVE BUSINESS MAN:

Ten lectures and discussions on such vital topics as Scientific Management, Marketing and Marketing Research, Financial Planning, Advertising and Personal Selling, Selection and Compensation of Salesman, Analyzing Securities for Investment, Human Relations in Business, Adjustment to Business Fluctuations, the Place of Business in the Economy, Sources of Business Information. Open to business men. Ten Thursday evenings.

JEWISH HISTORY IN THE MAKING:

An informal discussion group with emphasis on the Local Jewish scene—an attempt to analyze the role of the Jewish Community in affecting the totality of Canadian History and Development. Ten Sessions.

ALSO:

For Women—special afternoon interest groups, including Ceramics, Book Review, Jewish Cookery, Festival observances and musicales. Monthly special events. Holiday celebrations.

PHYSICAL EDUCATION:

See Schedule, Pages 10-11.

FOR SPECIAL LEARNING: In Series.

Four different Series themes will be featured for adults in response to known membership interests. These themes will run on a concurrent basis until March. It is hoped that these series will provide a further basis for an appreciation of the Canadian-Jewish contemporary scene. In addition, the series are designed to assist us in facing the complexities of our age.

CURRENT EVENTS FORUM:

A series of forums on important issues of the day has been arranged. Details will be announced shortly.

Health and Physical Education Activities

The New "Y" has modern facilities for a full program of health and physical education: Basket Room for members, Gymnasium, locker rooms and showers for men and women, a 75-foot Swimming Pool, exercise room and Health Club with up-to-date facilities for steam, lamp treatments and massage.

The Physical Education activities include Calisthenics, Conditioning Exercises, Basketball, Volley Ball, Badminton, Boxing, Wrestling, Weight Lifting, Fencing, Track and Field, Swimming Instruction, Diving, Life-Saving Instruction, Outdoor Sports, Tennis Instruction, Corrective Exercises, Interpretive Dancing and Square Dancing, Leadership Training.

Classes are arranged for each age group. In most cases there will be separate hours for boys and girls, men and women. As far as possible, co-ed activities will be arranged. A new feature will be mixed swimming and family swimming.

All instruction will be under experienced leaders and coaching in sports will be given by the Professional staff.

There will be house leagues in Basketball for each age division and "Y" will be represented by teams in competition with other Organizations. The "Y" is concerned also with providing maximum opportunity for the greatest number to enjoy healthful exercise and recreation.

ENROLLMENT IN PHYSICAL EDUCATION ACTIVITIES:

Gymnasium Attendance

Members in good standing, except associate members, can participate in Physical Education programs. Members will consult the schedule for times during the day and evening throughout the week that are set aside for their particular age group and membership classification.

Physical Examination

Members are required to have a simple physical examination by their own physician or by the physician at the Y. Centre before participation in the program. This policy is intended for the protection of the member. A form will be supplied to each member which the Physician will fill out and the member

will return to the Centre office. If member requires examination by the Physician at the Centre an appointment will be arranged at enrollment.

Assignment and Use of Basket

The member is assigned a basket for his regular use. In the basket he will keep his gym togs, shoes and other personal equipment. Each basket has a number plate and the same number will be entered upon the membership card. **Members are required to carry the card and present it to the basket room attendant each time when they attend.** The attendant gives the member his basket, soap and a key to an empty locker. The member rents a towel, and uses a locker during his period of stay. When ready to leave, he returns the key and the basket with Gym Clothes to the attendant who then returns the membership card.

Checking Valuables

Valuables may be checked with the basket room attendant when receiving the basket.

Laundering of Gym Togs

After each use the basket with gym clothes is placed by the attendant in the drying room to reduce the effect of perspiration. Members will be required to take gym togs home periodically for complete laundering.

Health Club Services

The Health Club services are available to men and women over 19 years. These services include massage, dry and wet steam rooms, lamp treatments and use of quiet room. The Health Club area includes special shower and drying room. Each Health Club member is assigned a lockerette located in the Health Club for his private use.

Senior, Young Adult and Adult members, who are not annual members of the Health Club, may have massage, steam, lamp treatment by payment of fees for each use, in accordance with the price schedule posted in the Health Club area.

Health Club Procedure

Upon entering the Health Club, the member or guest signs in for the treatments he expects to get on a form provided for the purpose. The suggested procedure for a complete treatment is as follows: The member first goes to the Exercise Room

where he has an individual work out under supervision of an Instructor: or he may attend group calisthenics on the gym floor and take part in a group game such as Volleyball or Basketball.

He then goes to the wet or dry steam room for from ten to twenty minutes. He may then obtain a rub (see Price List of Massages). He may take an ultra-violet treatment. He usually goes to the quiet room for a rest.

Hours of Use

The schedule is so arranged that there is ample opportunity morning, afternoon, evenings and Sunday, for use of Health Club facilities by men and women. As far as annual members of the Health Club are concerned, men can come to the Health Club at least once a day, at noon or late afternoon and on Sunday morning and afternoon and any evening of the week except Friday, Saturday and Sunday evenings. The facilities and schedule are so arranged that each time men come (even when women and girls use the gymnasium and pool) they can use the exercise room, showers and Health Club services.

MEMBERSHIP DIVISIONS AND RATES

MALE		Full Membership
HEALTH CLUB		\$100.00
ADULTS—24 years and over		22.00
YOUNG ADULTS—21 years to 23 years		18.00
SENIORS—19 and 20 years		15.00
INTERMEDIATES—16 to 18 years		12.00
JUNIORS—13 to 15 years		9.00
JUVENILES—9½ to 12 years		6.00
FEMALE		
	* Associate	* Full
HEALTH CLUB		\$ 36.00
ADULTS—21 years and over	\$6.00	18.00
YOUNG ADULTS—19 and 20 years	6.00	15.00
SENIORS—17 and 18 years	6.00	13.00
INTERMEDIATES—15 and 16 years		10.00
JUNIORS—13 and 14 years		9.00
JUVENILES—9½ to 12 years		6.00

*Full Membership in the Y.M.H.A. Community Centre includes the following: ALL ACTIVITIES OF THE PROGRAM DEPARTMENT AND THE PHYSICAL DEPARTMENT.

*Associate Membership (limited to women) in the Centre includes: ACTIVITIES OF THE PROGRAM DEPARTMENT WITHOUT PHYSICAL EDUCATION ACTIVITIES.

Some Enchanted Evening

PRINTED BY
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Some Enchanted evening, you may see a
stranger

You may see a stranger across a crowded

And somehow you ^{know} you ^{know} even

That somewhere you'll see her again ^{then} and again

Who can explain it who can tell you why

That give you reason ^{never} try

Some enchanted evening you may hear your
true love

You may hear her call you across crowded

Then fly to her side and make her ^{room} your own
Of all through your life you may dream all alone